



Army Suicide Prevention Program

CY 2005
Demographics & Statistics

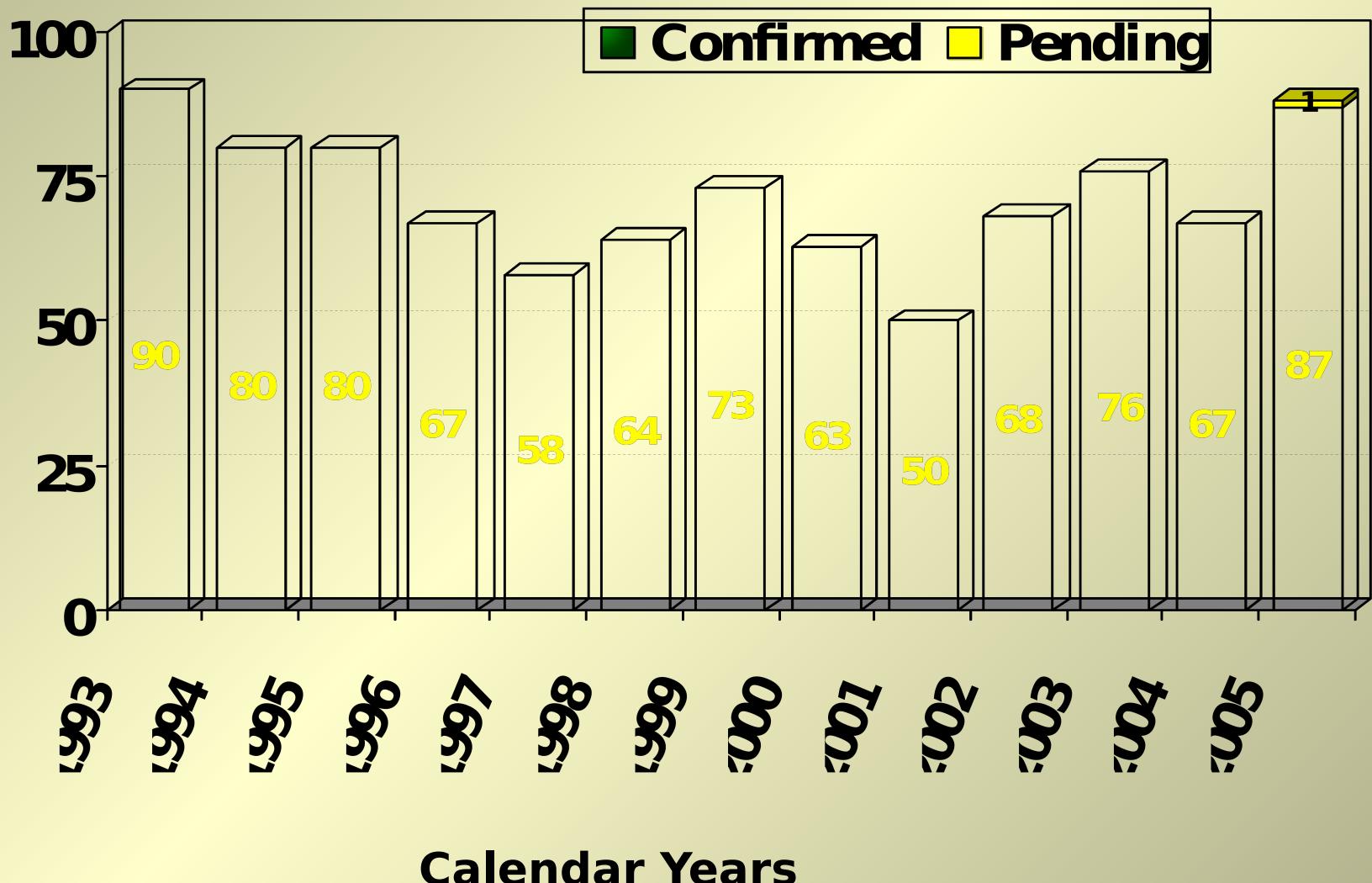
Mr. Walter Morales
Program Manager

“Every One Matters”



Active Duty Suicides

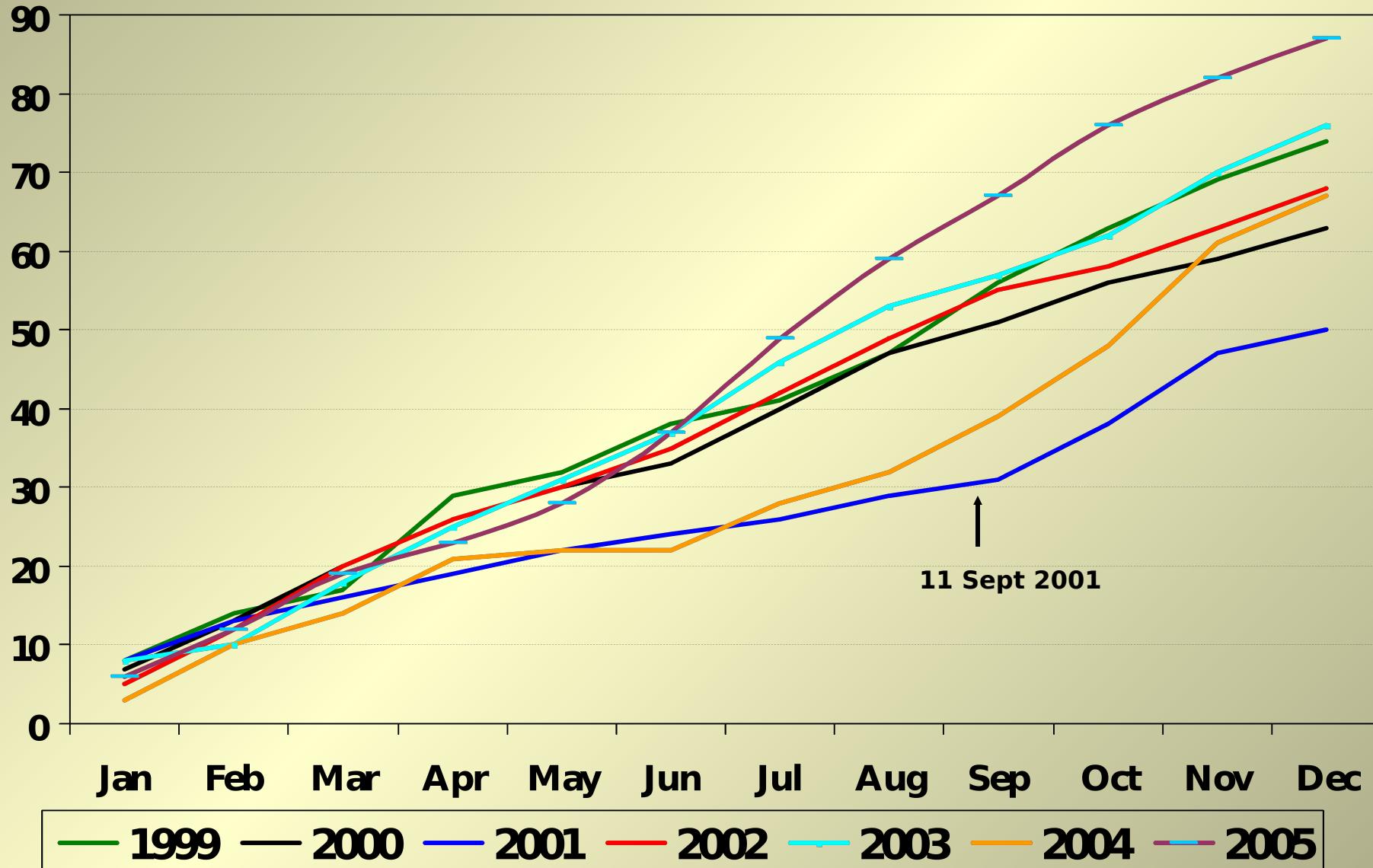
(Includes USAR /ARNG)



Data thru 31 Dec



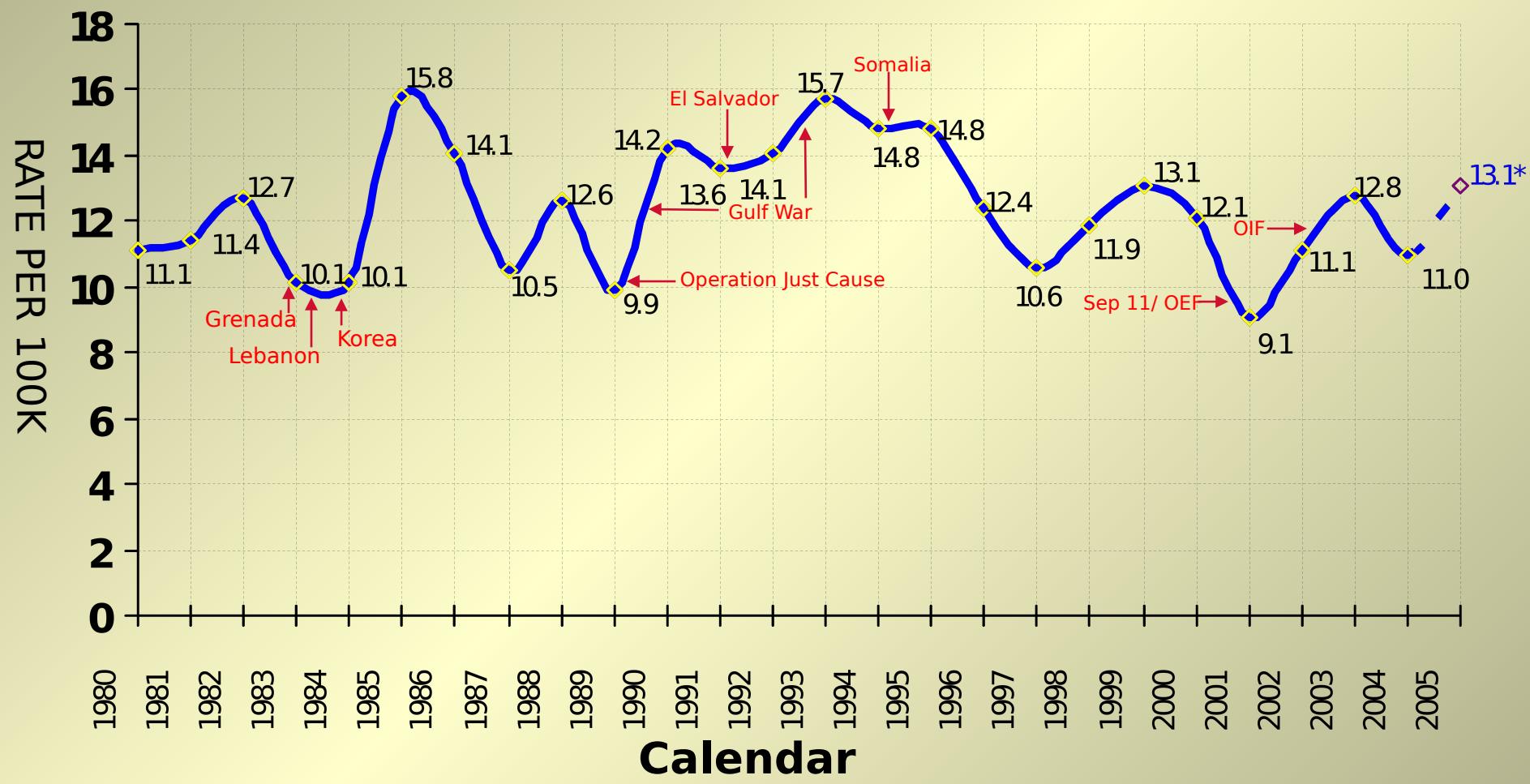
Cumulative Confirmed Suicides (Includes USAR & ARNG on Active Duty)



Data thru 31 Dec



Regular Army Suicide Rates (Contingency Operations) 1980 - 2005



Calendar
Year

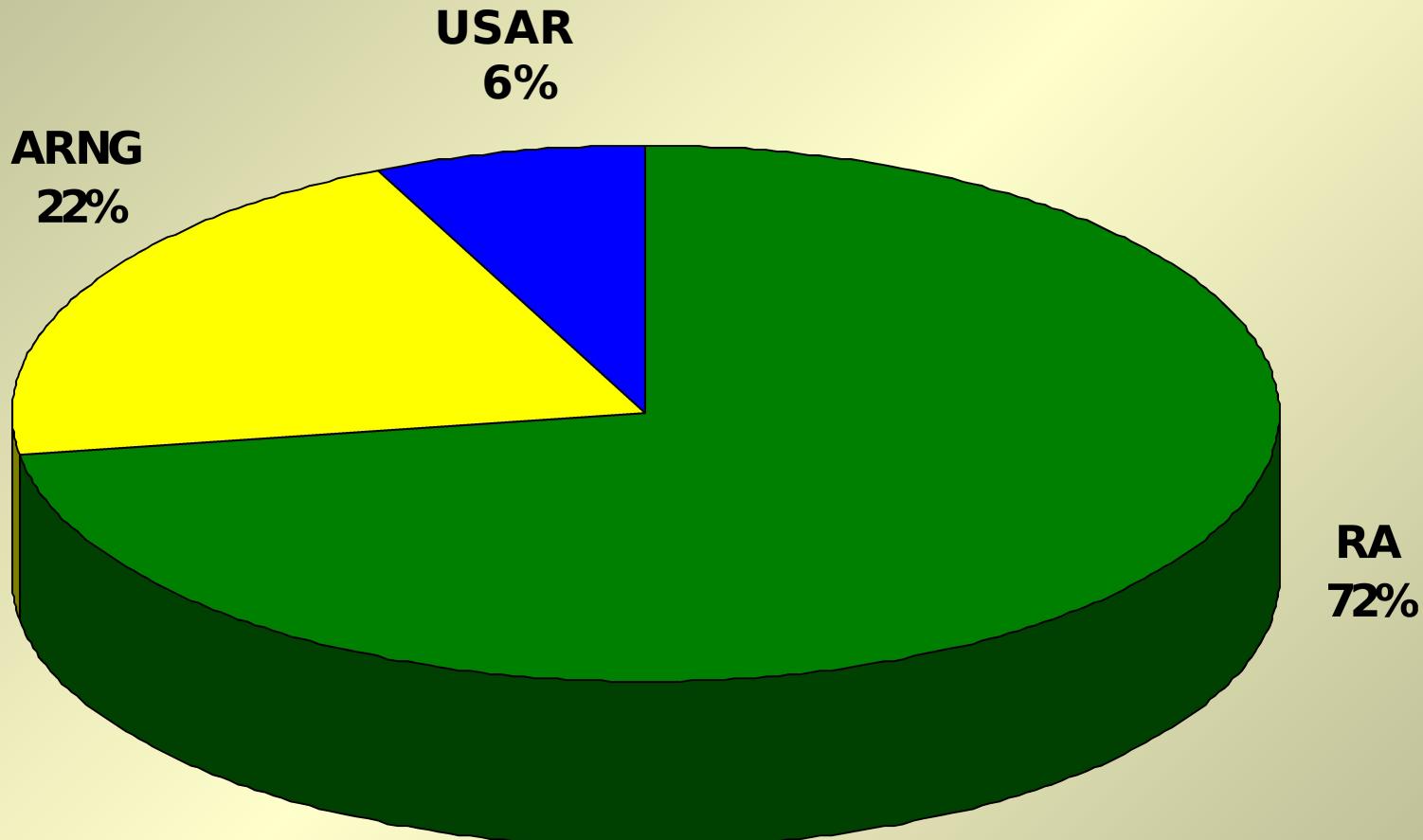
* 2005 rate is not final
(there is one case pending final determination by AFME)

Data thru 31 Dec



Duty Component

(Active Duty Suicides Only)



<u>Confirmed</u>	<u>RA</u>	<u>ARNG</u>	<u>USAR</u>
63	18	6	

Data thru 31 Dec



Suicide Trends (Confirmed Suicides)

1997 1998 1999 2000 2001 2002 2003 2004 2005

ARNG Active Duty Only	3 (5%)	4 (5%)	5 (7%)	5 (8%)	2 (4%)	9 (13%)	7 (9%)	10 (15%)	18 (22%)
USAR Active Duty Only	3 (5%)	2 (3%)	5 (7%)	1 (1%)	5 (10%)	5 (7%)	6 (8%)	3 (4%)	6 (6%)
Regular Army	52 (90%)	58 (91%)	63 (86%)	57 (92%)	43 (86%)	54 (79%)	63 (83%)	54 (81%)	63 (72%)
Total	58	64	73	63	50	68	76	67	82
RA Rate Only (per 100k)	10.6	11.9	13.1	12.1	9.1	11.1	12.8	11.0	13.1*

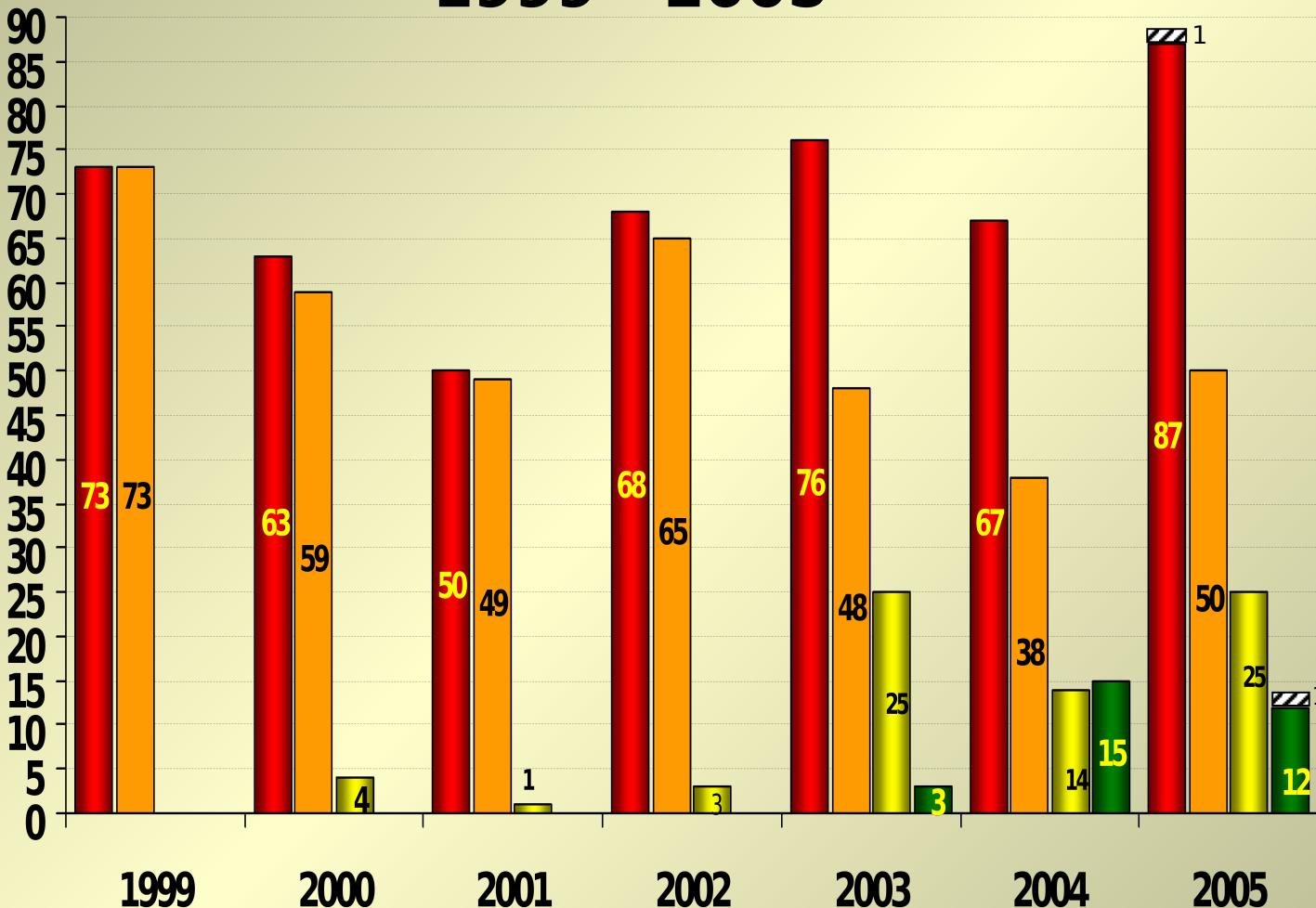
* Rate includes one pending determination case by the Armed Forces Medical Examiner



Active Duty Confirmed Suicides

(Includes USAR & ARNG on Active Duty)

1999 - 2005



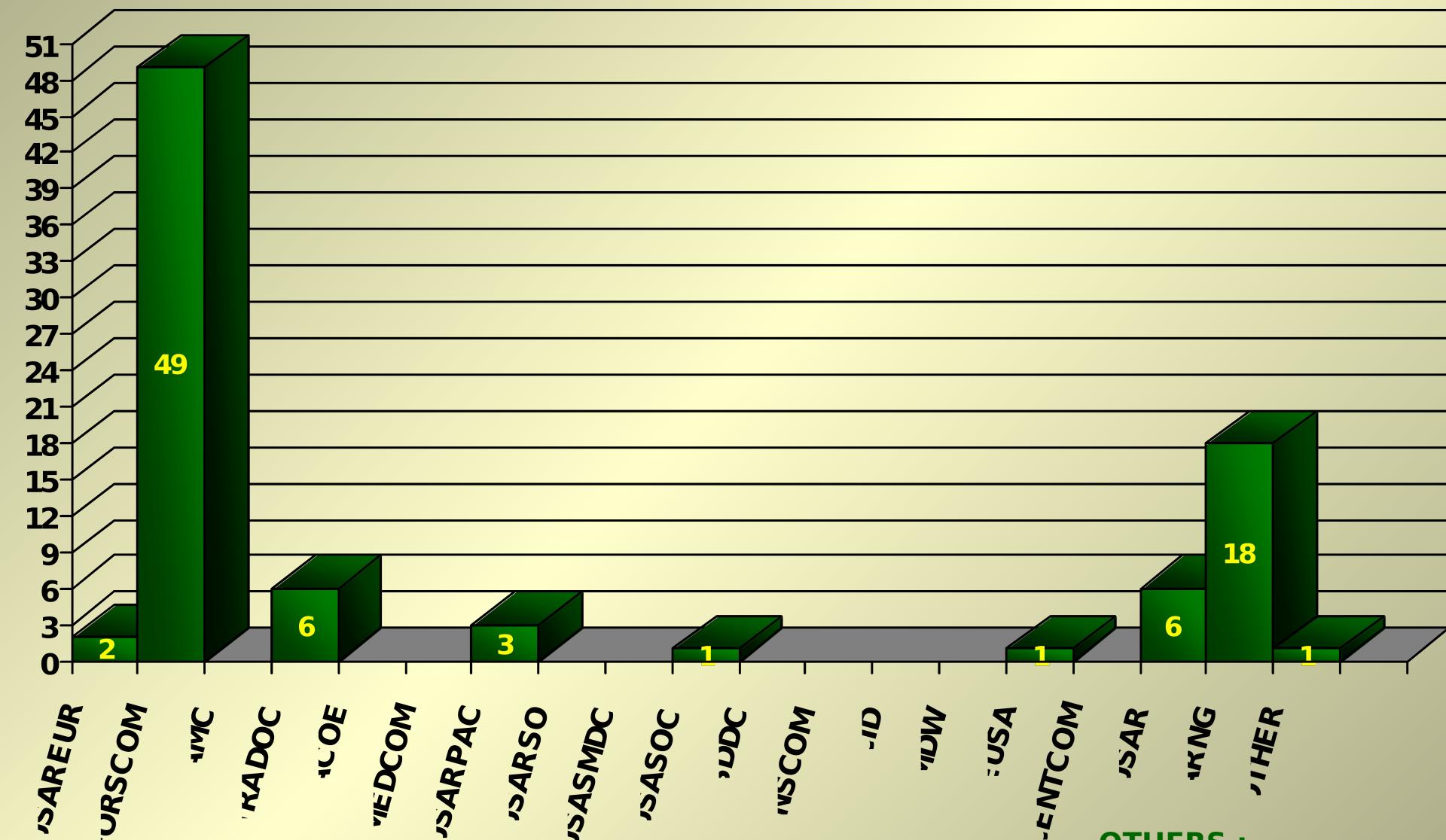
- Total Confirmed Suicides
- Total Non-Deployed Suicides (Never deployed within last year)
- Total Deployed Suicides (OIF & OEF)
- Post Deployed Suicides (<1Year from last redeployment)

Data thru 31 Dec

Pending Determination by AFM



CY 05 Suicides - MACOM Assignment (Includes USAR & ARNG on Active Duty)



OTHERS :

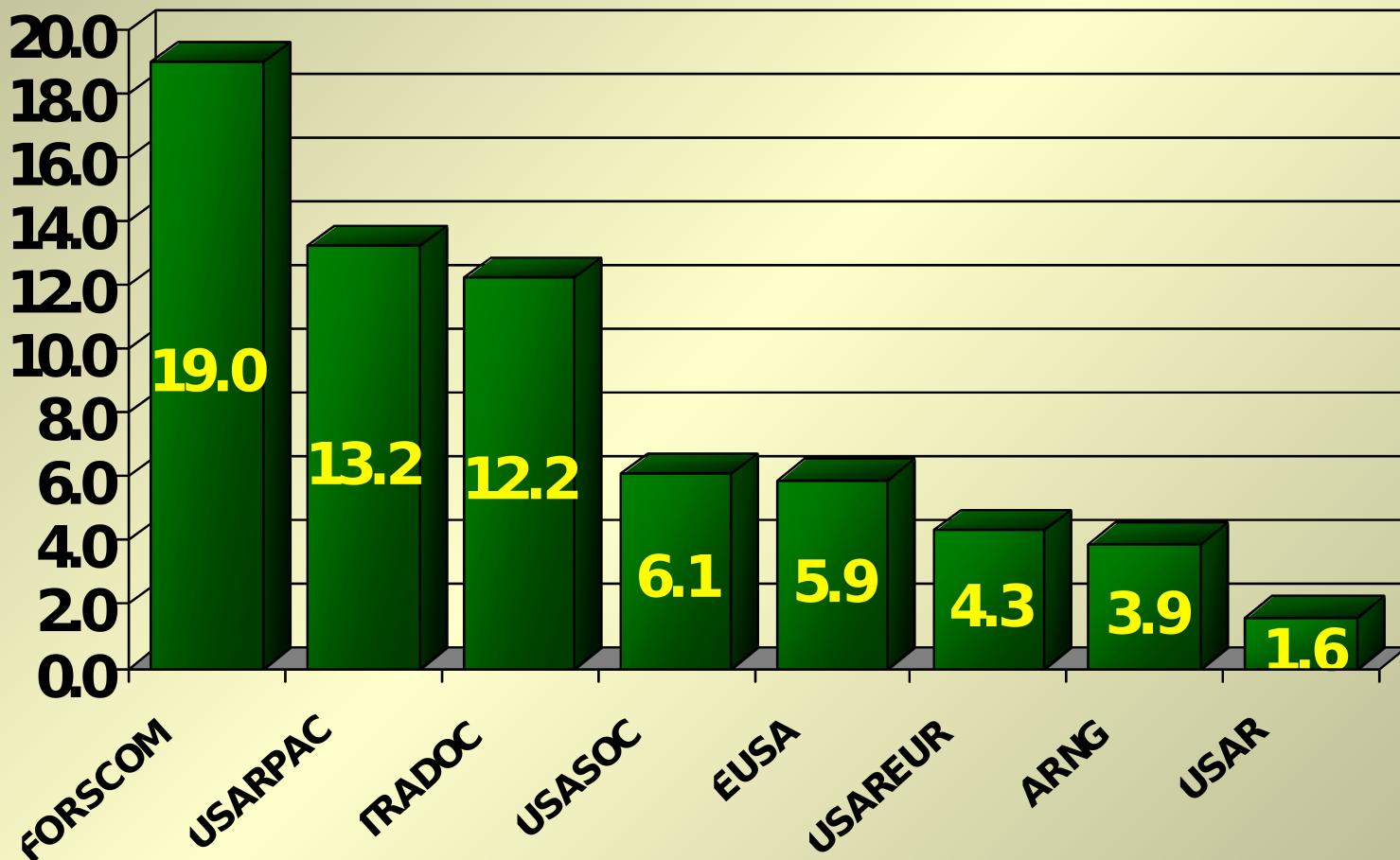
Data thru 31 Dec



CY 05

MACOMs Suicide Rate*

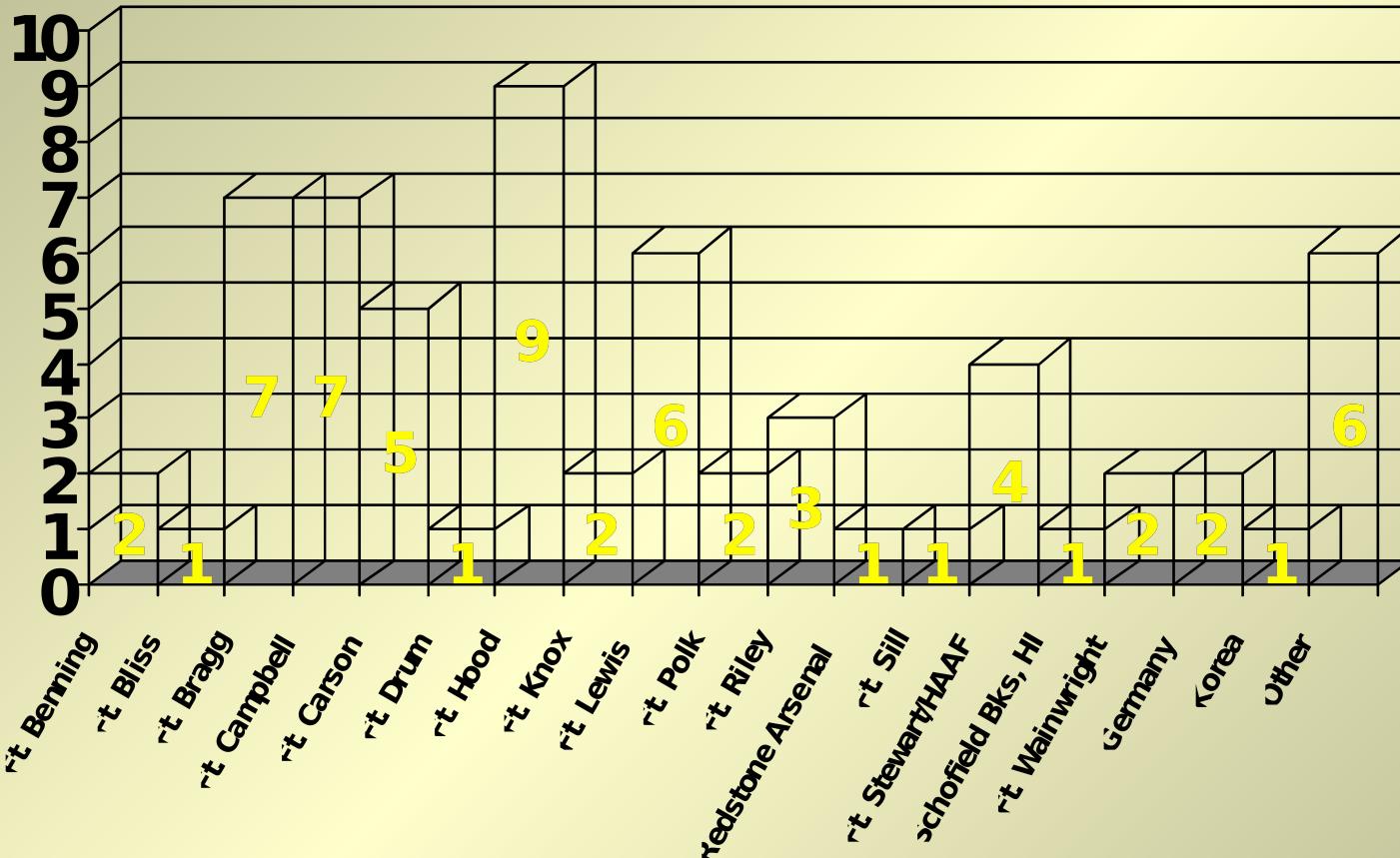
(Active Duty Soldiers Only)



* Rate is per 100K Soldiers



CY 05 Suicides - Post Assignment (Regular Army Soldiers Only)

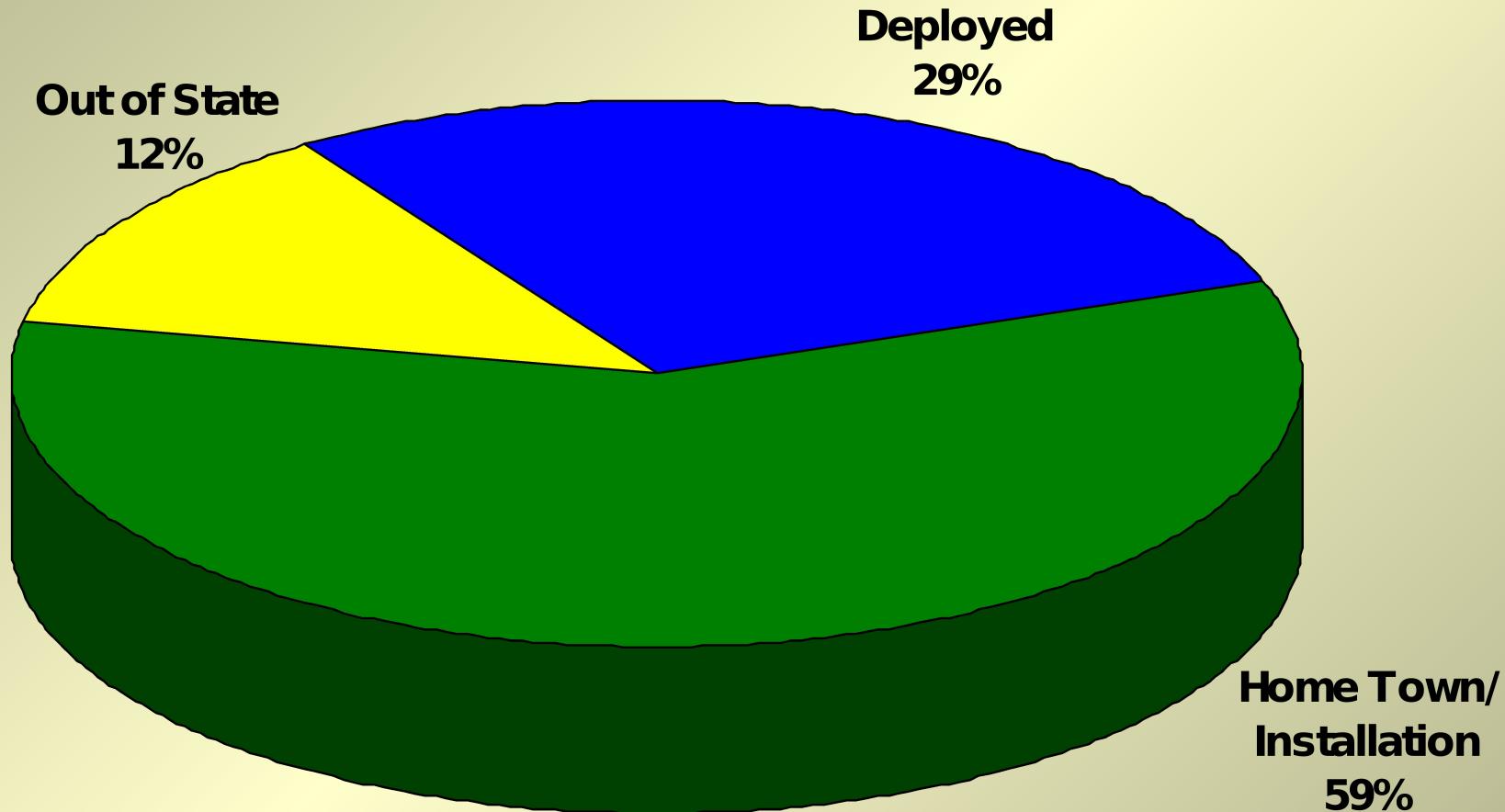


OTHERS:
Houston, TX
Selfridge Air NG,
MI
Lackland AFB,
TX
West Point, NY
OK City Rec Bn

Data thru 31 Dec



CY 05 Suicides - Location (Includes USAR & ARNG on Active Duty)

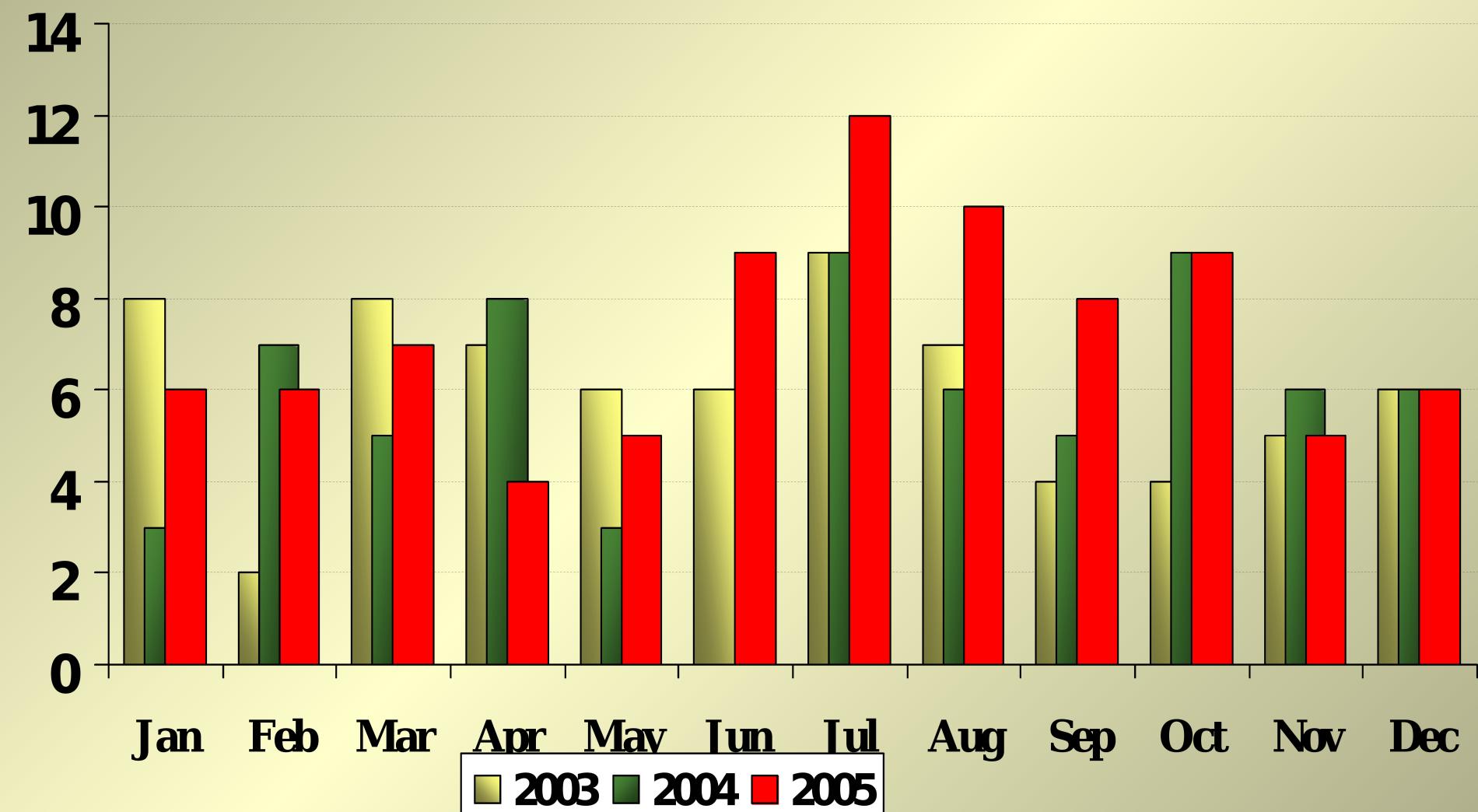


<u>AWOL</u>	<u>Confirmed</u>	<u>Home Town</u>	<u>Out/State</u>	<u>Deployed</u>
25	0	51		11

Data thru 31 Dec



Monthly Active Duty Confirmed Suicides (Includes USAR & ARNG on Active Duty)



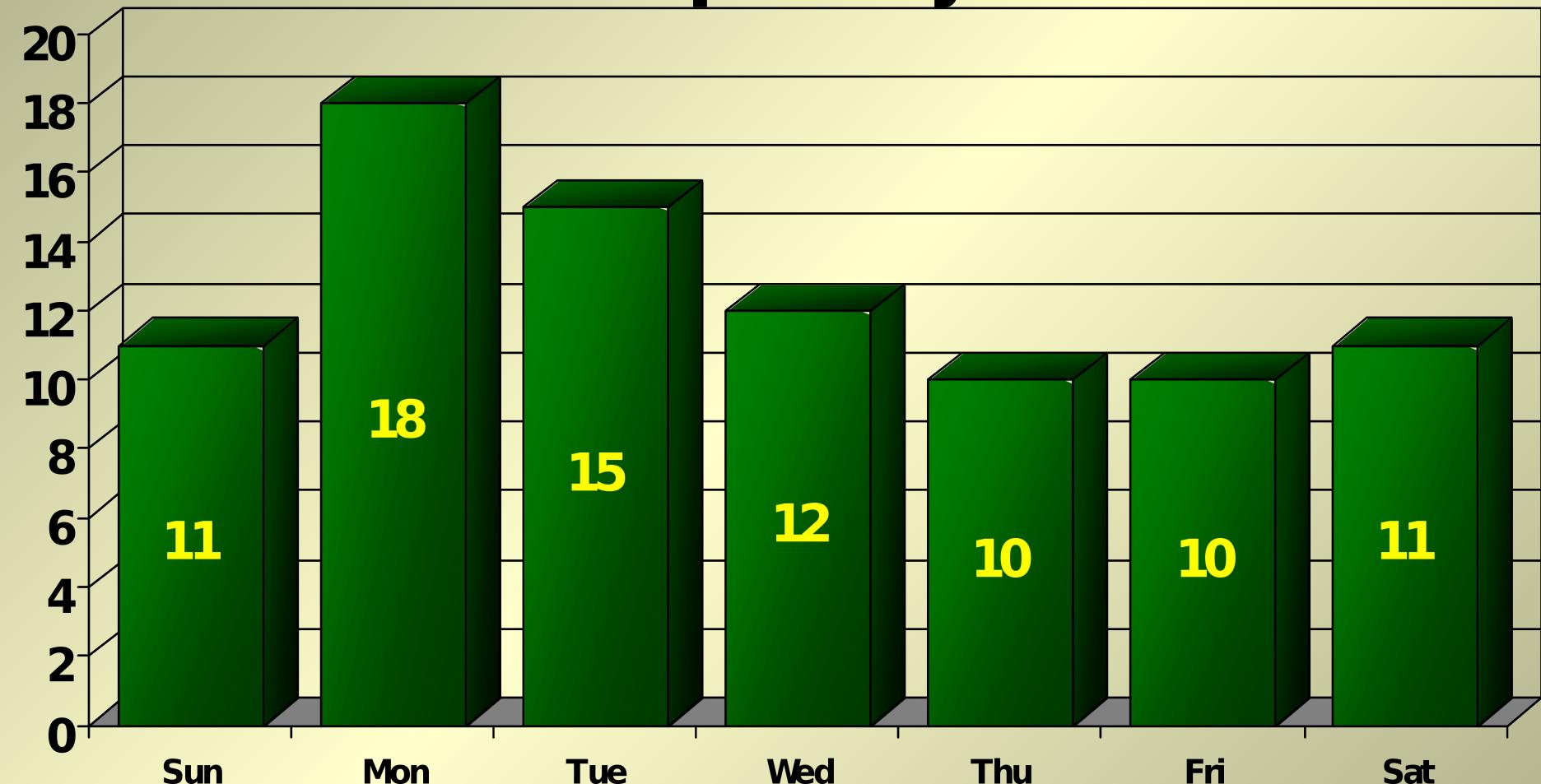
Data thru 31 Dec

12



CY 05 Suicides - Day

Frequency



Data thru 31 Dec

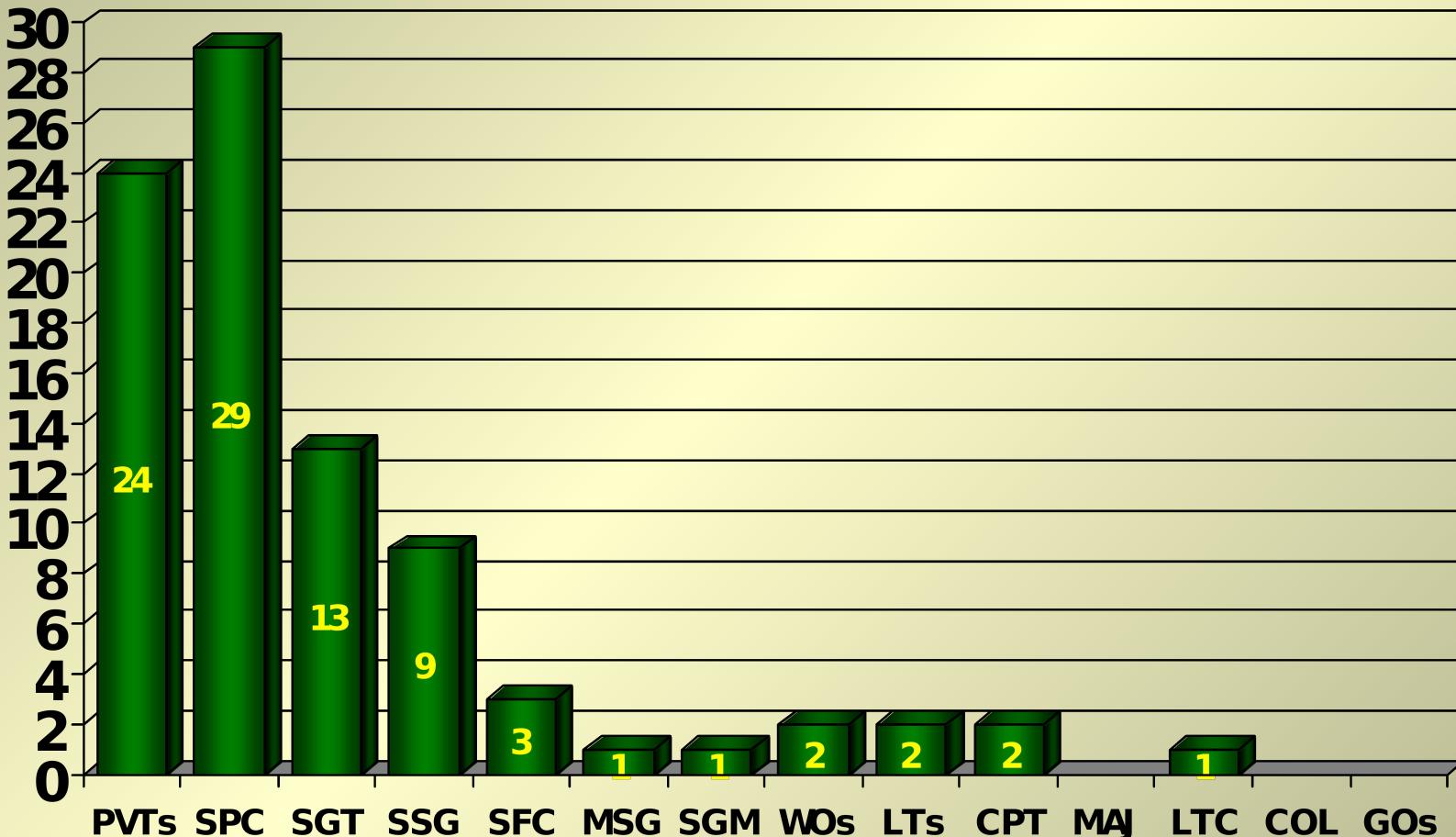


CY2005 Soldier Suicide Profile

- **COMPONENT:** Regular Army
- **MACOM:** FORSCOM
- **RANK:** PVT - SPC
- **AGE:** 21 - 30 years old
- **RACE:** White
- **GENDER:** Male
- **METHOD:** Firearms
- **MOS:** 11 Series
- **PRIMARY STRESSOR:** Failed Relationships



CY 05 Suicides - Rank

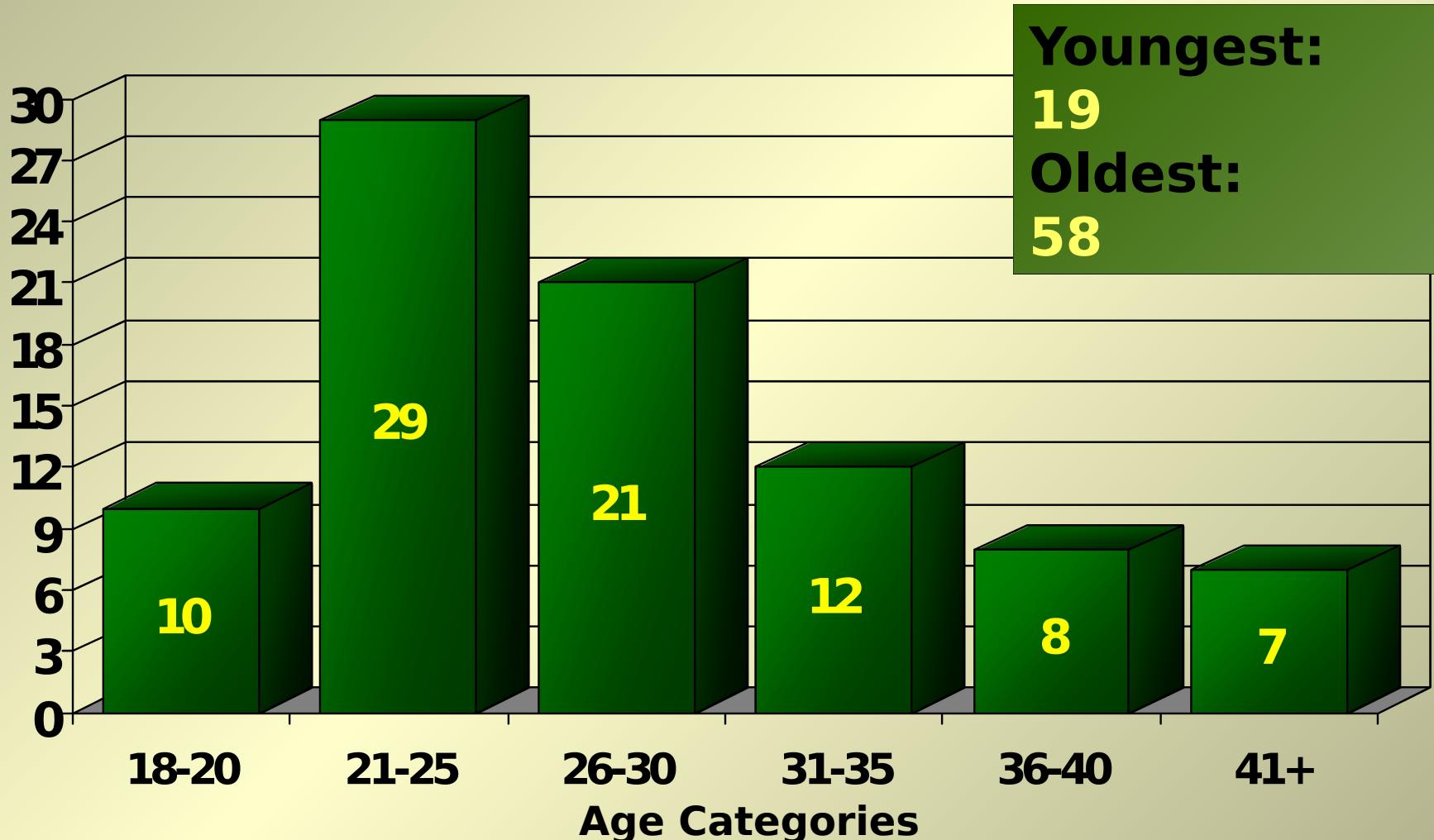


Data thru 31 Dec

15



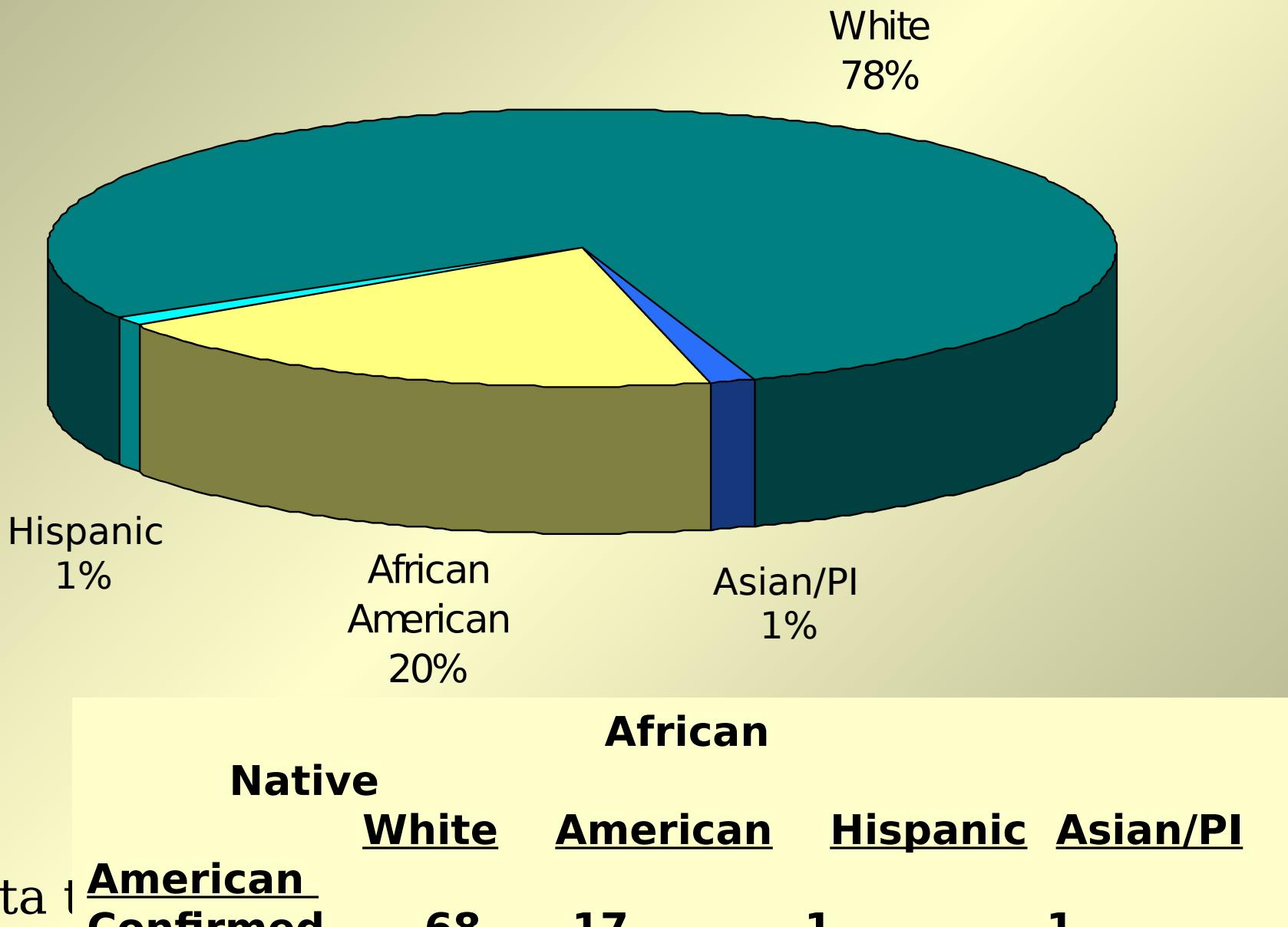
CY 05 Suicides - Age Group



Data thru 31 Dec



CY 05 Suicides - Racial Comparison

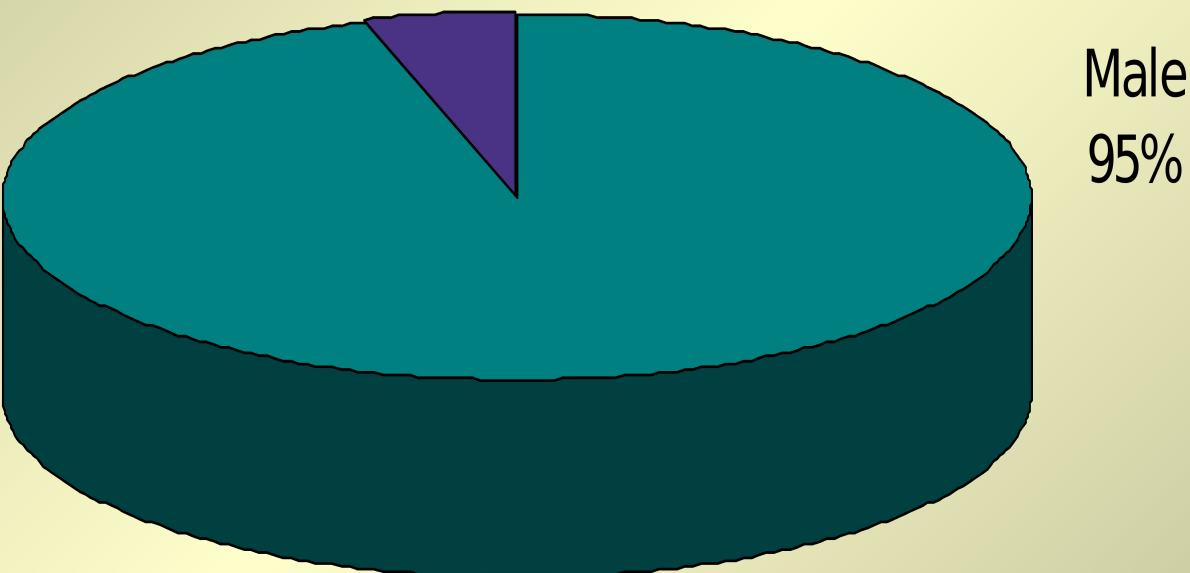




CY 05 Suicides - Gender

(Includes USAR & ARNG on Active Duty)

Female



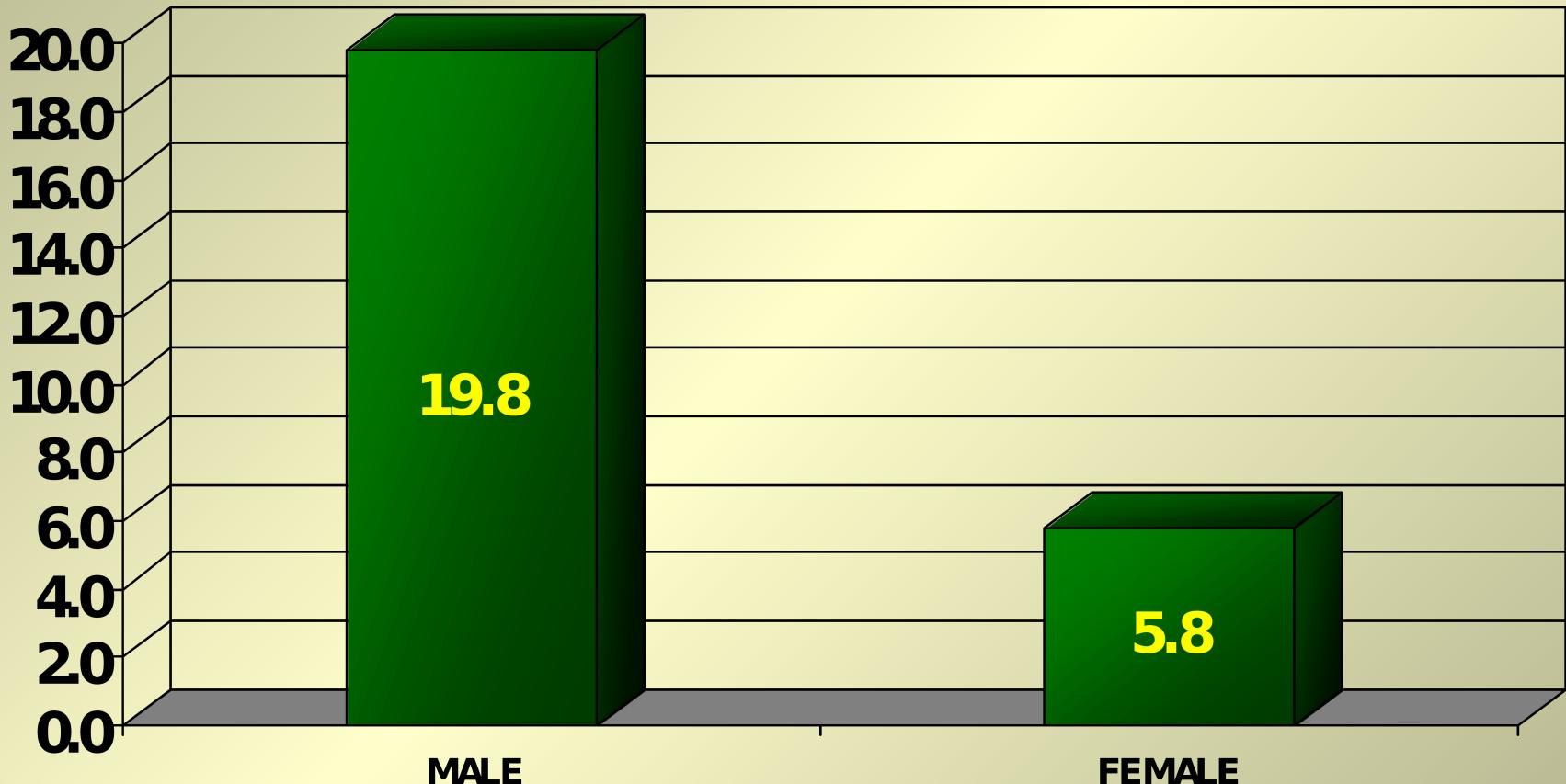
	Male	Female
Confirmed	83	4

Data thru 31 Dec



CY 05

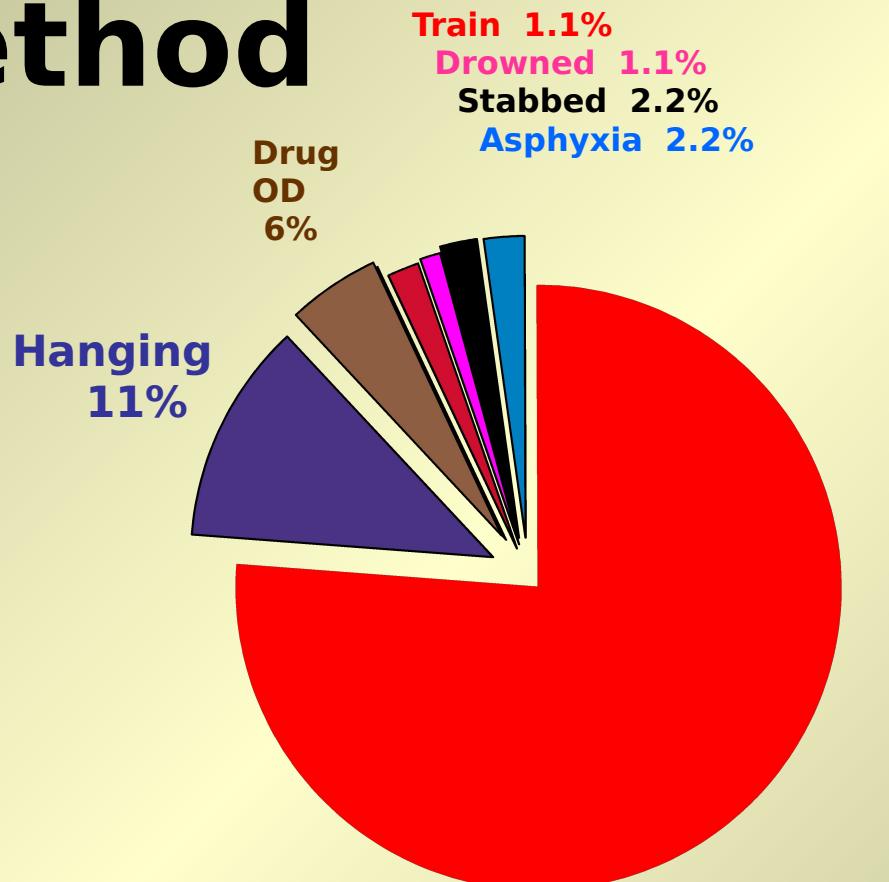
Suicide Rate* - Gender (Regular Army Only)



* Rate is per 100K Soldiers



CY 05 Suicides - Method



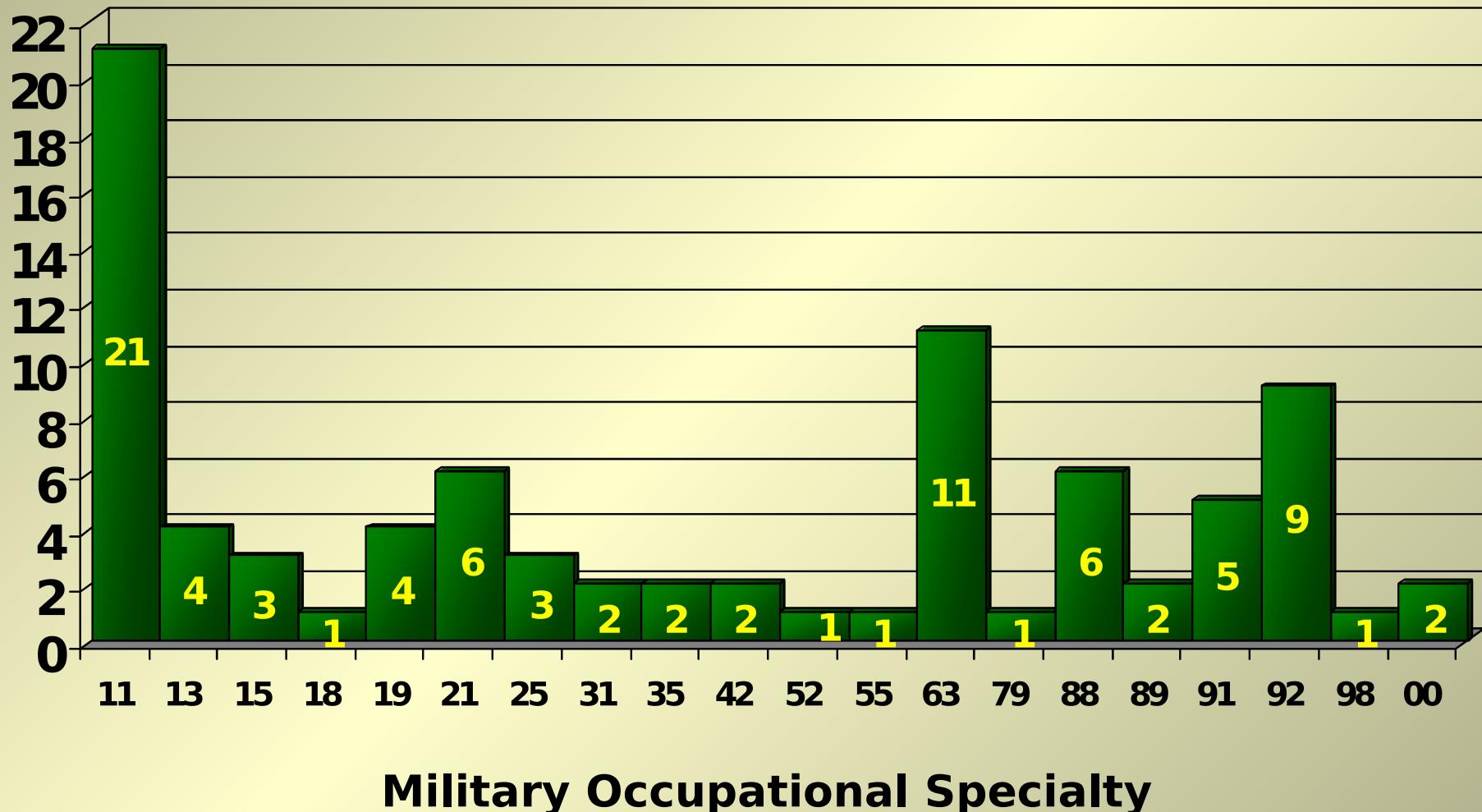
<u>Firearms</u>	<u>Hanging</u>	<u>Asphyxiation</u>	<u>Drug OD</u>	<u>Drowned</u>	<u>Stab</u>	<u>Train</u>	Hit by
66	10	2	5	1	2	1	1

Data thru 31 Dec

20



CY 05 Suicides - MOS



Data thru 31 Dec

21



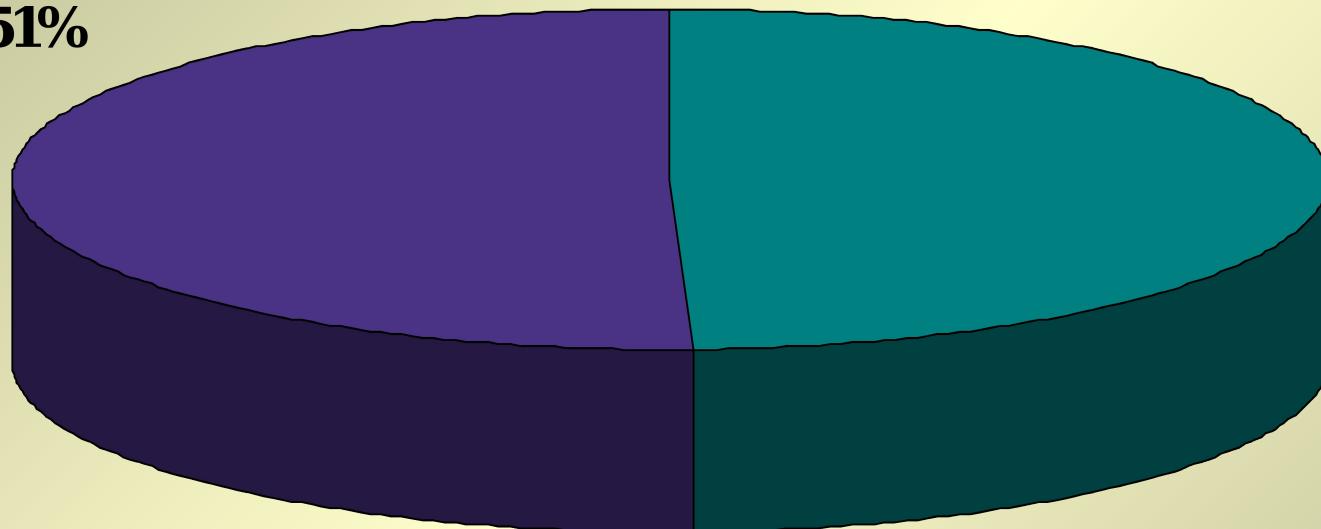
CY 05

Marital Status

(Includes USAR & ARNG on Active Duty)

Single

51%



Married

49%

Confirmed

Married
43

Single
44

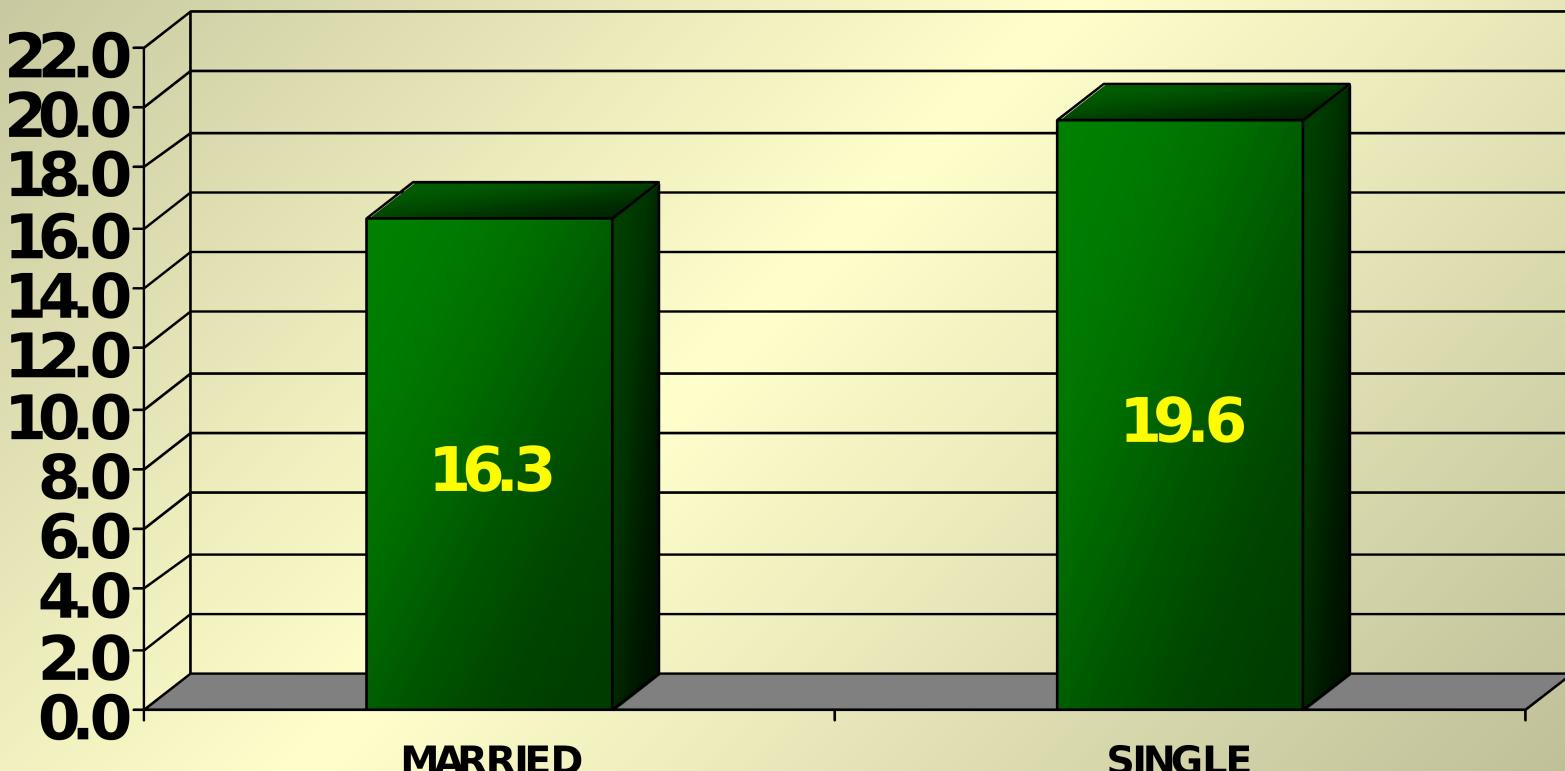
Data thru 31 Dec

22



CY 05

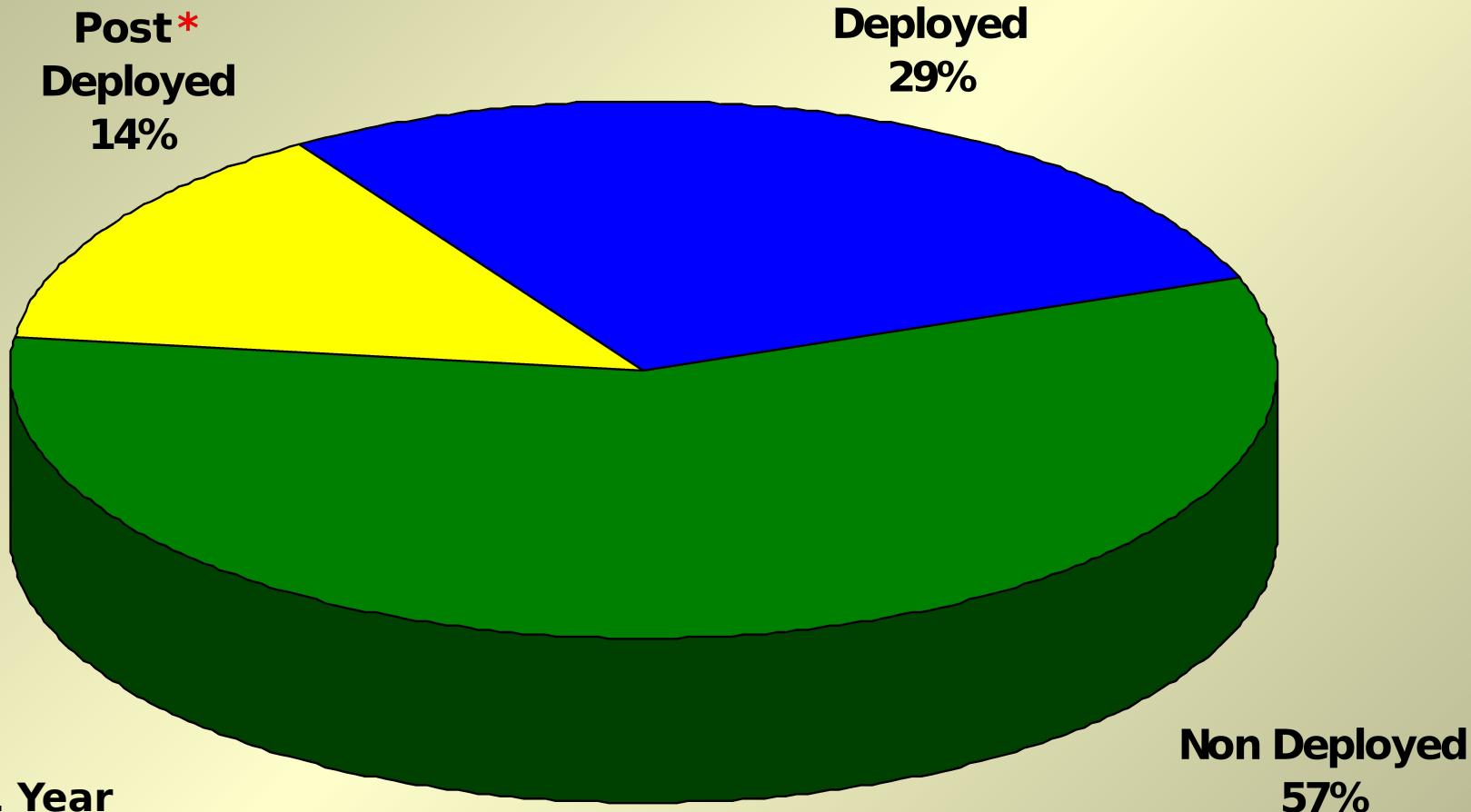
Suicide Rate* - Marital Status (Regular Army Only)



* Rate is per 100K Soldiers



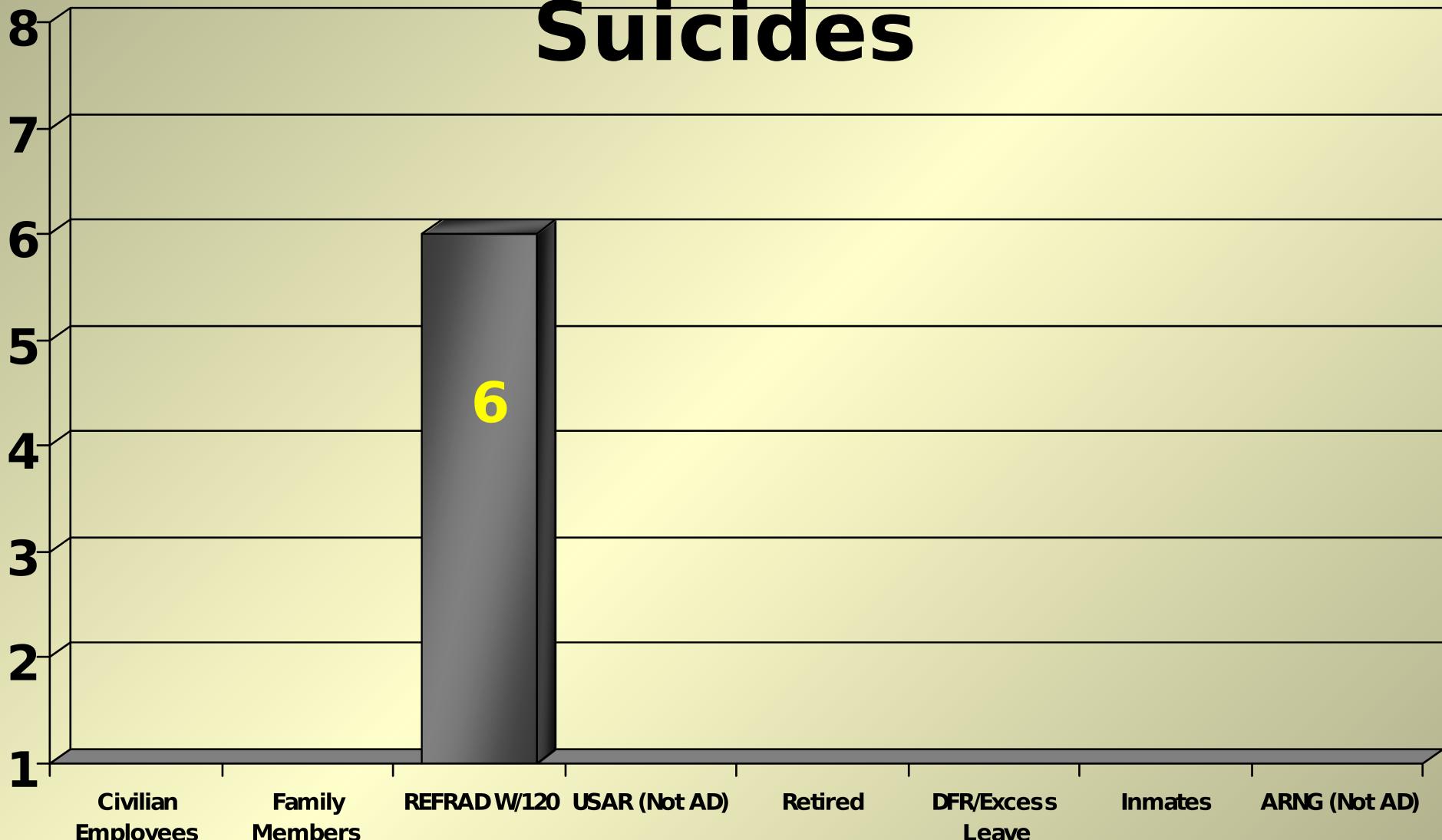
CY 05 Suicides Deployment Status



<u>Deployed</u>	<u>Non Deployed</u>	<u>Deployed</u>	<u>Post</u>
<u>Confirmed</u>			
25	12	50	
Data			24



CY 05 - Other Known Suicides



Data thru 31 Dec



Quote from a Soldier's Suicide Note

**“The Army will
help if you know
how to help
yourself. That’s
the problem, I
don’t know how to
help myself.”**

(Depression is more widespread than heart disease, cancer and AIDS combined.)

Data thru 31 Dec 2002



Reasons for Dying

- Escape - general
- General descriptors of self
- Others/relationships
- Feeling hopeless
- Escape - pain
- Feeling alone
- Escape - responsibilities
- Escape - past
- Religion



Reasons for Living

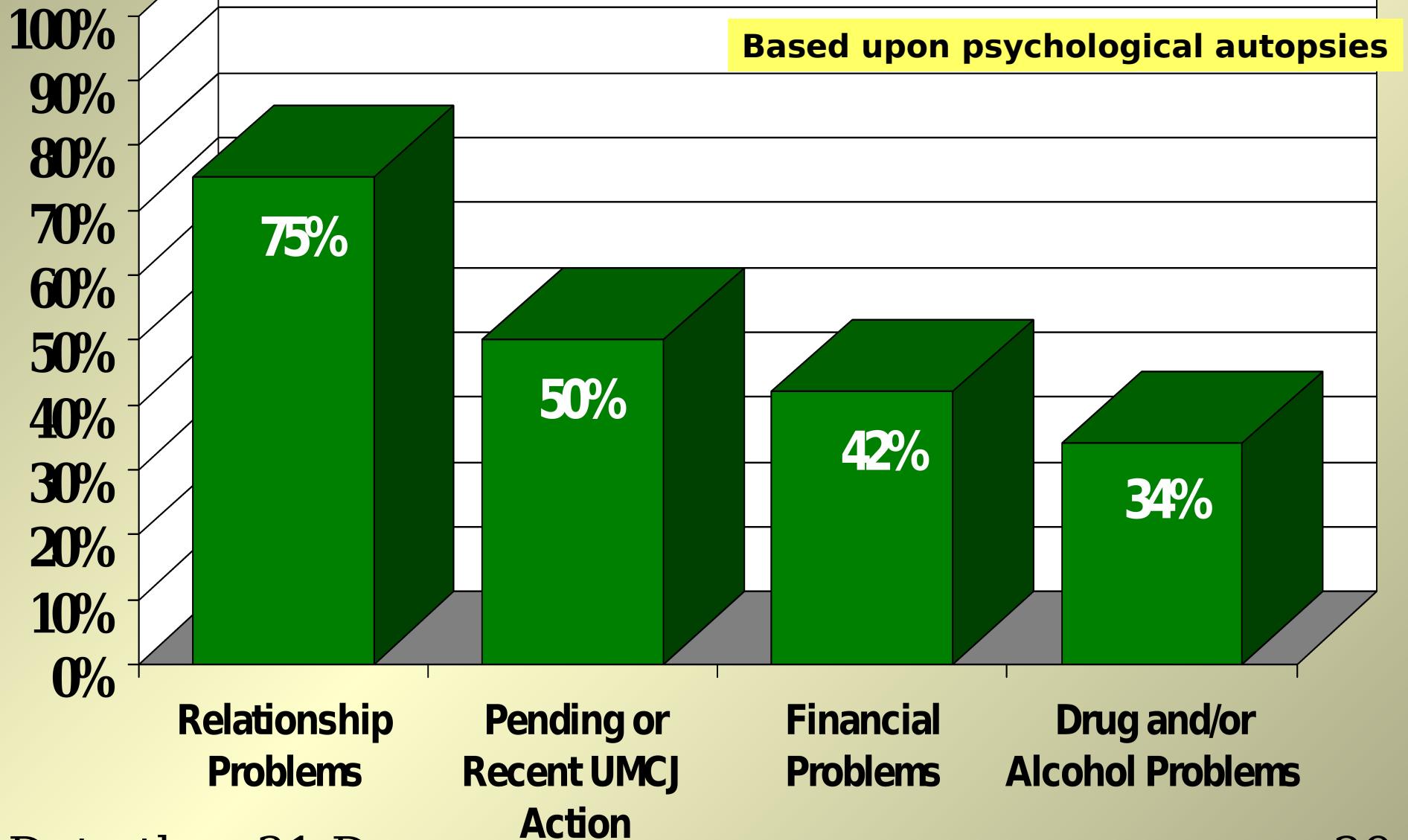


- Family
- Future
- Specific plans and goals
- Enjoyable things
- Friends
- Self
- Responsibility to others
- Religion





Potential “Triggers”





A Model for Understanding Dysfunctional Health-Risk Behaviors

Visible to Command

NOT Visible to Command

Developmental History

Behavior

Stressors

Current Environment

“Outcome” & Consequence

“Triggers” for Dysfunctional Behavior

**Work & Home Environments
-supportive vs. non-supportive**

**Consequences of Abuse
Trauma, ACEs**

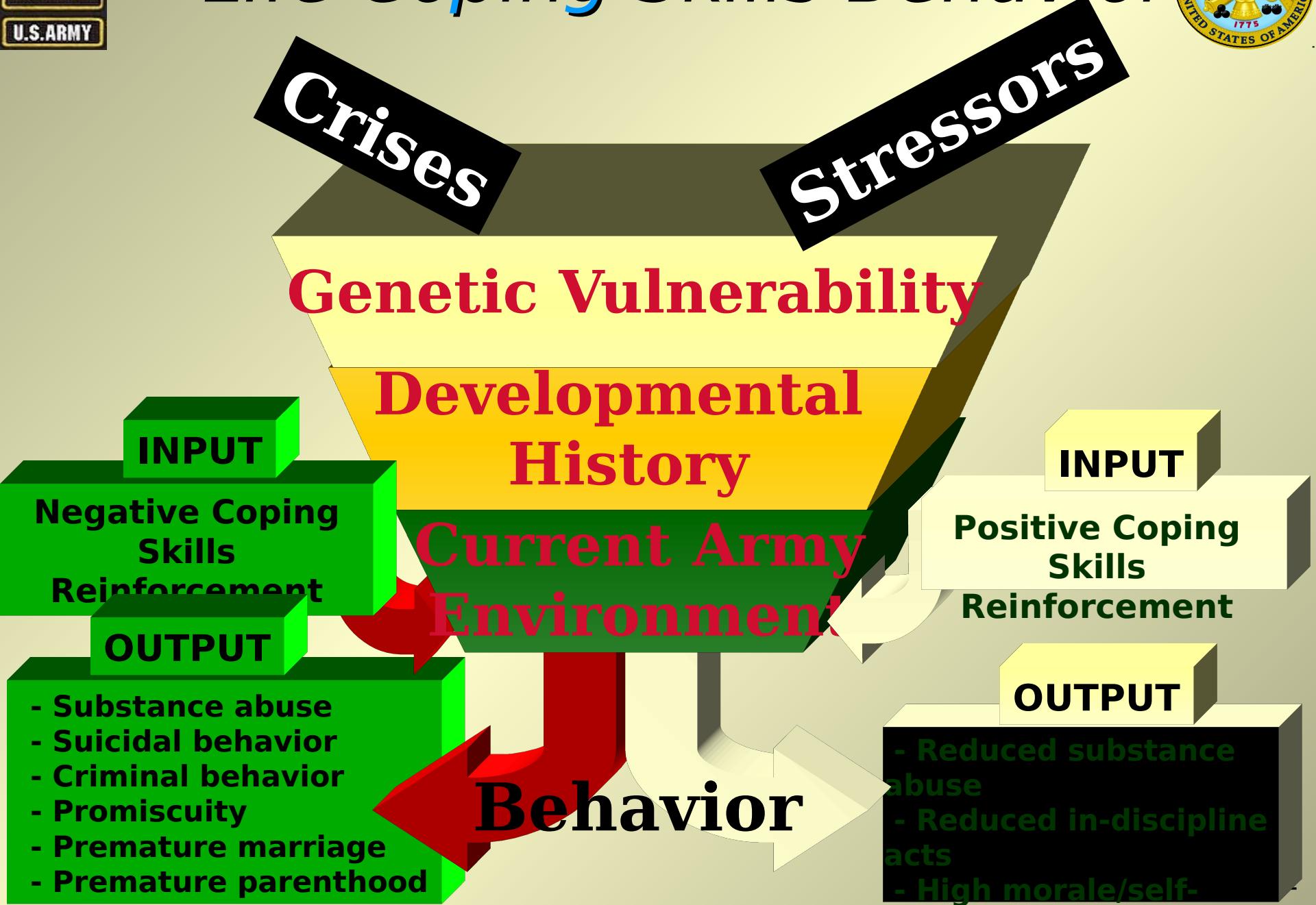
Psychiatric dz:
- Schizophrenia
- Mania
- Depression
- Substance Abuse

Genetic Vulnerability to Psychiatric Illness

“The best predictor of future behavior is past behavior.”



Life Coping Skills Behavior





Immediate Danger Signals

- Talking about or hinting suicide
- Giving away possessions; making a will
- Obsession with death; sad music/poetry; themes of death in artwork or letters
- Making specific plans to commit suicide and access to lethal means
- Buying a gun



Data thru 31 Dec



What To Do

- Take threats seriously
- Answer cries for help
- Confront the problem (ASK)
- Tell them you care
- Get professional help



Data thru 31 Dec



What Not To Do

- Don't leave anyone alone if you believe the risk is imminent
- Don't assume the person isn't the 'type'
- Don't act shocked at what the person tells you
- Don't debate the morality of suicide or lay a guilt trip on the person
- Don't keep it a secret





Conclusion

- Suicide is a threat to the fighting force.
- Warning signs are often present - watch out for your buddy!
- When you suspect your buddy may be suicidal, get your chain of command involved and contact your nearest mental health clinic or chaplain as soon as possible!



Data thru 31 Dec